

The Institute for Neuroscience and  
Consciousness Studies (INACS)

Presents:

CONSCIOUSNESS AND THE  
LARGER REALITY

THE INSIDE STORY

Thomas Campbell

Nov 8, 2008

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# MY BIG TOE

**AWAKENING ✦ DISCOVERY**  
**INNER WORKINGS**

The Complete My Big TOE Trilogy  
Unifying Philosophy, Physics, and Metaphysics

[www.my-big-toe.com](http://www.my-big-toe.com)

Consciousness and the  
Larger Reality – The  
Inside Story

Austin Workshop

Nov 8 2008

[www.MyBigTOE.com](http://www.MyBigTOE.com)

My Big TOE (MBT) Trilogy

Presentation Slides are  
Available at No Cost

- ▣ Video Available
  - MBT Website
  - YouTube, Others
  - INACS

# Austin Workshop –Agenda & Schedule

- ▣ 8:30am to 10:00am – **Bio + The Fundamentals of Reality**  
(Consciousness, and the Nature of Existence – The Physics of Metaphysics )
- ▣ 10:00am to 10:15 -- break
- ▣ 10:15am to 11:30 – **The Fundamentals of Reality**
- ▣ 11:30 am to 12:00pm – **Open Questions**
- ▣ 12:00 to 1:30 -- Lunch
- ▣ 1:30 pm to 2:30pm – **Experiencing The Larger Reality**
- ▣ Metaphors and symbols -- OOB, Lucid Dreams, Remote Viewing, Precognitive Dreams, Parallel Realities, Communication with Non-Physical beings – Psychotropic Drugs, Experiencing the Past and Future, etc.

# Austin Workshop –Agenda & Schedule

- ▣ 2:30 pm to 3:00pm – Open Questions
- ▣ 3:00 to 3:15 – Break
- ▣ 3:15 to 4:30 – Accessing the larger reality
- ▣ How to Gain Personal Experience In Reality Frames Other Than This One
- ▣ Beliefs and Expectations -- Eliminating what is holding you back -- Out of Body/Out of Mind, Making Contact, Dealing with Fear and Negative Beings– Staying Balanced – Future Events and fear. Healing Self and Others. Interfering with Other’s Free Will. Dealing with an Obsessive Connection to (perspective of) PMR, and Being a Good Citizen of the Larger Reality
- ▣ 4:30 to 4:55 – Open Questions
- ▣ 4:55 to 5:00 – Closing Remarks

# The Path To MBT and Austin

- ▣ Early years – laying the foundation
- ▣ Connections to Bob Monroe
  - Setting up the lab
  - Learning about Altered States
  - Mastering OOB
  - Doing experiments
    - ▣ Joint travel, communications, remote viewing, healing, death and dying
  - Teaching others
- ▣ Moving On
  - learning accelerates, research never ends
  - Continuously developing the model and maintaining scientific integrity
- ▣ 35 years later -- the publication of My Big TOE
  - An inside job
  - First hand experience
  - Maintain scientific integrity

# The Fundamentals of Reality

# Unified Field Theory

## Albert Einstein – Unified Field Theory

- ▣ “If we think of the field as being removed, there is no ‘space’ which remains, since **space does not have an independent existence.**” – *Albert Einstein*
- ▣ “Reality is merely an illusion, albeit a very persistent one.” – *Albert Einstein*
- ▣ “Hence it is clear that **the space of physics is not, in the last analysis, anything given in nature or independent of human thought.** It is a function of our conceptual scheme [mind]. Space as conceived by Newton proved to be an illusion, although for practical purposes a very fruitful illusion – *Albert Einstein*

# Unified Field Theory<sub>2</sub>

## Physics: David Bohm

- ▣ “To meet the challenge before us our notions of cosmology and of the general nature of reality must have room in them to permit a consistent account of consciousness. Vice versa, **our notions of consciousness must have room in them to understand what it means for its content to be 'reality as a whole.'** The two sets of notions together should then be such as to allow for an understanding as to how consciousness and reality are related.”  
- - *David Bohm from the introduction to Wholeness and the Implicate Order*
- ▣ **"One has to find a possibility to avoid the continuum (together with space and time) altogether. But I have not the slightest idea what kind of elementary concepts could be used in such a theory."** – *Letter from Albert Einstein to David Bohm October 28, 1954*



# Quantum Mechanics

## Physics: Wigner

- ▣ “It will remain remarkable, in what ever way our future concepts may develop, that the very study of the external world led to **the scientific conclusion that the content of the consciousness is the ultimate universal reality.**” -- Eugene P. Wigner a Nobel Prize winner and one of the leading physicists of the twentieth century

## Summary:

- Time and space are not continuous
- Physical reality is an illusion and does not exist independently – it is a mental construct
- Consciousness is somehow at the root of reality
- The relationship between physical reality an consciousness is fundamental but unknown
  - They knew the traditional fundamental assumptions were wrong, but they didn't know what to do about it,

# The Problem

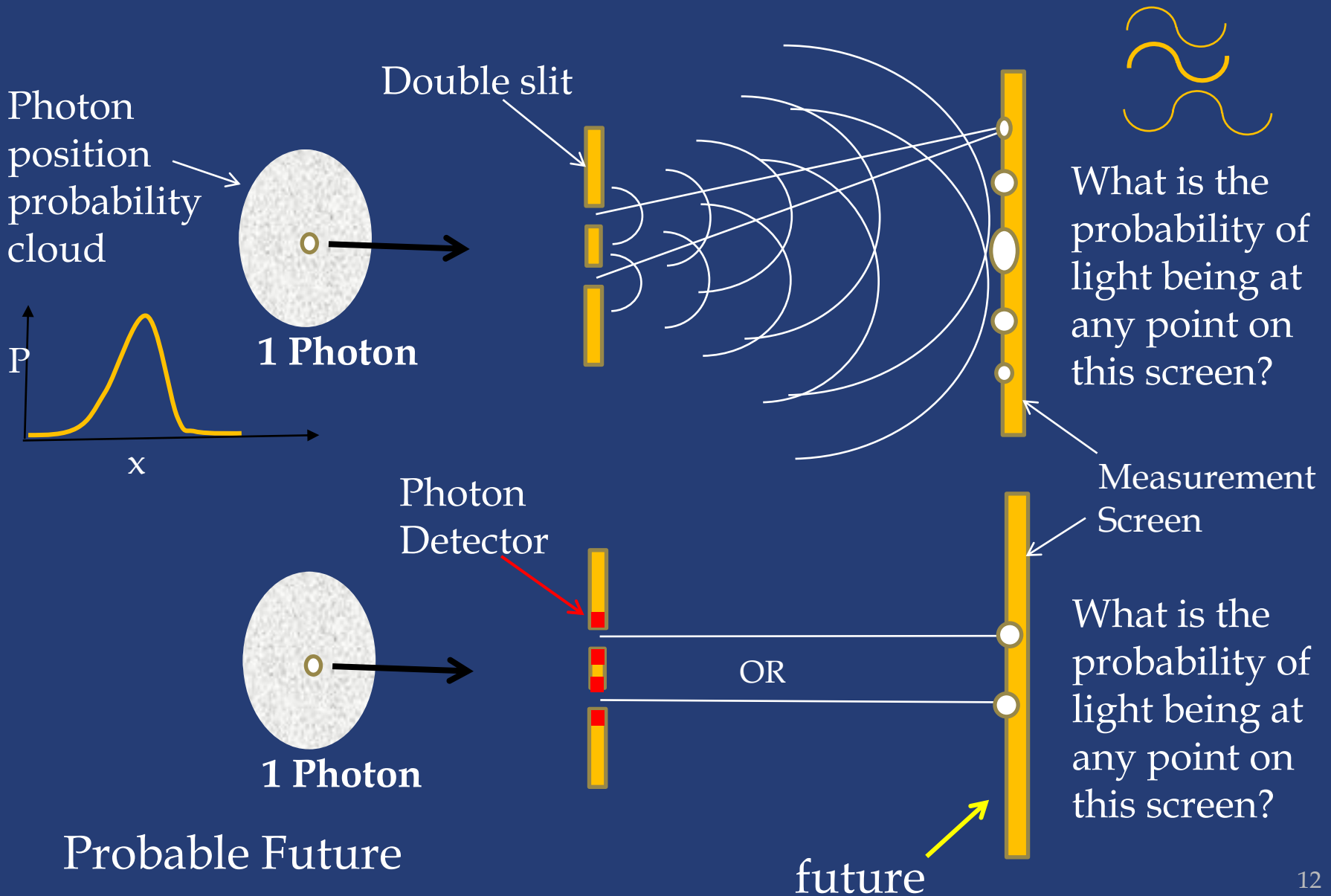
Why did Einstein and Bohm et.al. get stuck? Three beliefs locked the door:

- They were looking only for continuous solutions. Reality, space and time, comes in discrete units (digital)– digital physics
- They expected physical reality to be fundamental not derivative. Objective physical reality constitutes a subset of a larger consciousness system and is a virtual digital reality
- They were looking for an objective solution. Consciousness is subjective – an individual experience
  - Consciousness is fundamentally personal
    - Must be experienced from the inside, one learns little of its fundamental nature by probing from the outside

# Current Physics – The Nature of Reality

- ▣ Quantum mechanics -- particles as probability distributions
  - Wave/particle duality →
  - The “measurement problem”
  - Physicists have no idea why reality should behave this way
- ▣ Quantum Mechanics Interpretations
  - Bohr, Heisenberg --- Copenhagen interpretation : The measurement process randomly picks out one of the many possibilities allowed for by the state's probability wave function.
  - Consciousness causes collapse
  - Consistent histories
  - Many worlds (David Deutsch – Oxford)
  - Many minds

# The Double Slit Experiment



# Contemporary Scientific Big Pictures

- ▣ Edward Fredkin – Digital Physics -- 1992
  - the entire history of our universe is computable
  - Reality is:
    - ▣ A computer itself.
    - ▣ Implemented on a computer (a simulation)
    - ▣ Essentially digital.
    - ▣ Essentially informational
  - The computation must be in “other” outside of physical reality
- ▣ Nick Bostrom – Ph.D. from LSE - Now at Oxford
  - *Are You Living In A Computer Simulation?* One must be true:
    - ▣ It's impossible
    - ▣ If not impossible, then unlikely
    - ▣ If not unlikely, then Almost all entities with our general set of experiences are most likely living in a simulation
- ▣ Brian Whitworth – **The Physical World as a Virtual Reality**
  - the universe is a virtual reality created by information processing, and furthermore this concept is supported by findings of modern physics about the physical world.

# Consciousness and Reality

- ▣ Consciousness is the fundamental reality
- ▣ The large consciousness reality is a digital system
  - At the most fundamental level:
    - ▣ Consciousness is information
    - ▣ Information is bits
    - ▣ Bits are binary
  - Information is nonphysical and subjective, thus consciousness is nonphysical and subjective
    - ▣ Information is the meaning, the content, the message, not the objective media or code symbols
    - ▣ To get the meaning (grasp the information) requires a consciousness
    - ▣ understanding requires a subjective interpretation of the data relative to personal experience

# Information and Evolution

- ▣ Information in a digital system is represented by organized bits
- ▣ Information systems have entropy
  - Lower entropy implies :
    - ▣ greater level of organization, less randomness (noise)
    - ▣ More energy available to do work (greater potential to affect something else) -- (e.g., Automobile parts)
- ▣ Systems evolve to be more successful within their environments – evolve, stasis, de-evolve
- ▣ Large, complex information systems evolve by lowering their entropy
- ▣ Consciousness is a self-aware, self-modifying system evolving toward lower entropy states

# Attributes of Consciousness

- ▣ In real, finite, large, complex, self modifying systems, stasis is unstable -- evolve or de-evolve
- ▣ Individual consciousness evolves toward lower entropy, higher quality, more spiritual states
  - Love is the nature of a low entropy consciousness
- ▣ Attributes of consciousness: sentient, self-aware, able to learn – i.e., its alive!
  - Input (experience)
  - Processing (compare/ assess) experiences
  - Purpose -- evolutionary imperative (evolve or die)
  - Self modifying
- ▣ Identical attributes of that first living biological cell
  - So, where did that first cell come from?





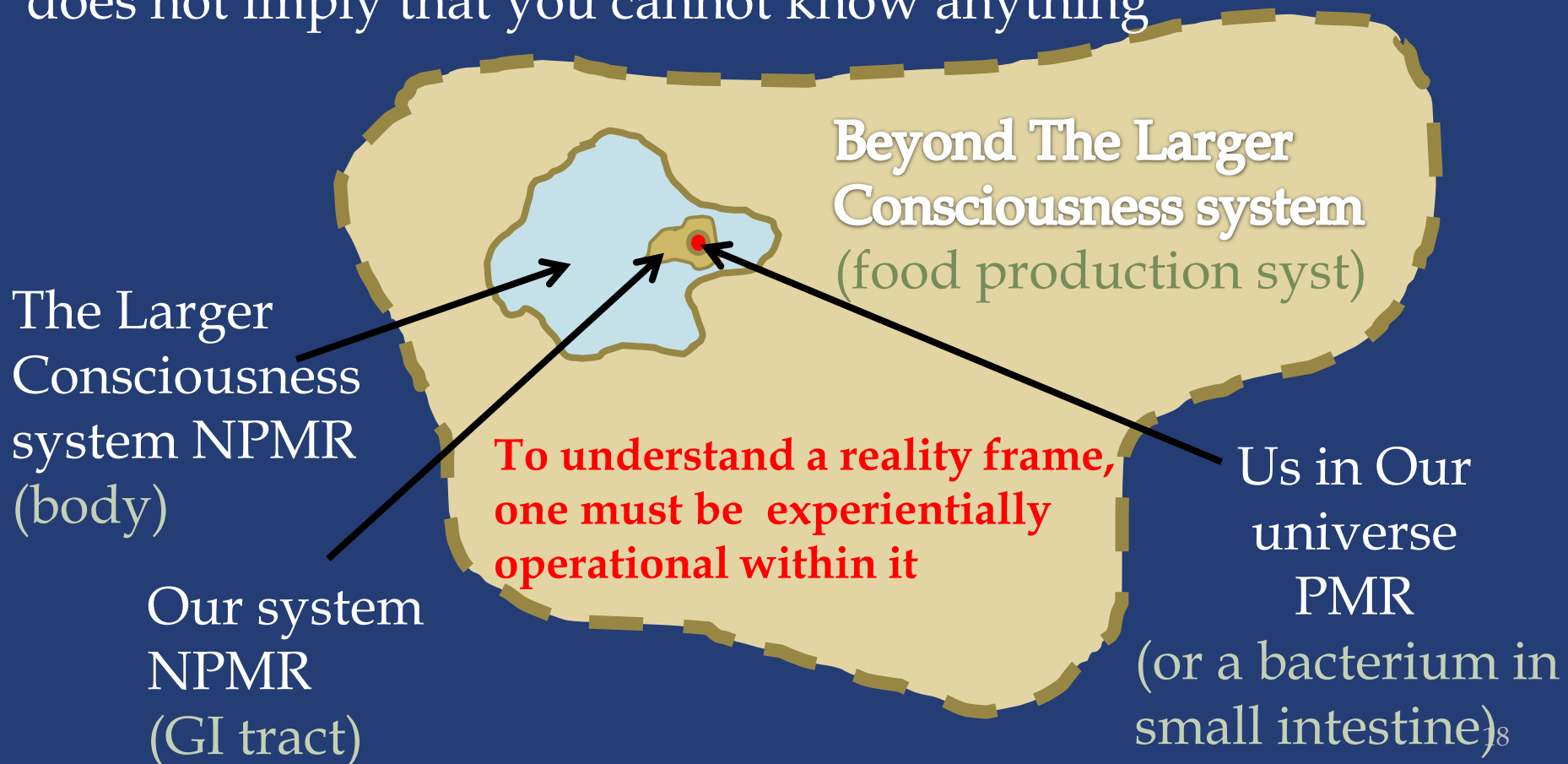
# The Origins of Consciousness

- ▣ A form of potential energy capable of evolving to lower entropy states – high entropy, low potential – Assumption 1
- ▣ Random mutation:
  - Discovered this vs. that (reality cell - bit)
  - Self modification
  - Duplicated this vs. that (many bits)
  - Discovers synergy
  - Pattern - patterns of patterns (information content)
  - Sequence of patterns (time)
  - Divides portions of its self-modifying content into multiple units to create interaction
    - ▣ experience, improved learning, and entropy reduction
    - ▣ Individuals, free-will, virtual realities
- ▣ So, where did that potential energy come from?
- ▣ Many unanswerable questions – the limits of Knowledge

# The Limits of Knowledge

The causal chain of existence – systems within systems within systems

The chain is not infinite: Being unable to know everything does not imply that you cannot know anything



# Two Assumptions

- ▣ To describe a super-system, a subsystem logically needs at least one assumption that falls beyond (outside of) its own causality – that is assumption 1.

Assumption 1: A potential energy form (call it “primordial consciousness”) exists – a media capable of self-modification **[the potential for consciousness exists]**

Assumption 2: In systems with complex potential outcomes, evolution directs and encourages change toward more profitable states of being. **[Evolution exists]**

- These are the only two assumptions made in MBT

# Summary

- ❑ Consciousness is best modeled as a superset -- a self-modifying digital information system capable of computing virtual realities
- ❑ The larger consciousness system evolves by lowering the entropy of the system.
- ❑ It lowers the entropy of the system by organizing the bits at its disposal into a more profitable configuration.
- ❑ Content creation and reorganization opportunities are generated by using conscious intent to apply free will choice to incoming experience data
- ❑ Feedback of the results of previous choice allow us to modify future choice (free will)



# Generating Experience

## Individual Existence And Purpose

- ▣ Because experience is the generator of input, consciousness facilitates its own evolution by creating many smaller units of consciousness and setting them loose to evolve (lower their entropy) by interacting with free will.
  - Purpose and the positive direction of that purpose (evolution) is thus defined
    - ▣ Positive vs. negative, good vs. bad, evolution/devolution are defined – morality, spiritual growth, love are all defined as measurable quantities in terms of entropy

# Physical Reality

- ▣ Experience requires interaction. To make that interaction more effective a simpler constrained environment is needed – our local physical reality is an elementary school – a virtual reality learning lab for individuated units of budding consciousness.
- ▣ Physical reality is a digitally based virtual reality where interactions are constrained according to a given rule-set –local physics
- ▣ Next Level of relativity: there is no absolute or fundamental reality frame within the system.

# Virtual Reality

- Data stream to each participating consciousness
- Multi player computer games
  - The characters within the game setting – **you and your objective reality**
  - The server – generates the set and enforces the rule-set defining characters, interactions, and set. Also serves as the interface between characters and players – **the larger consciousness system**
    - Local computer Stores character's content and experience and self modifications – **brain function**
  - The players – **provide intent and free will – higher self/intuition/guidance/direction/conscience/over-soul/super ego**

# Multiple Virtual Reality

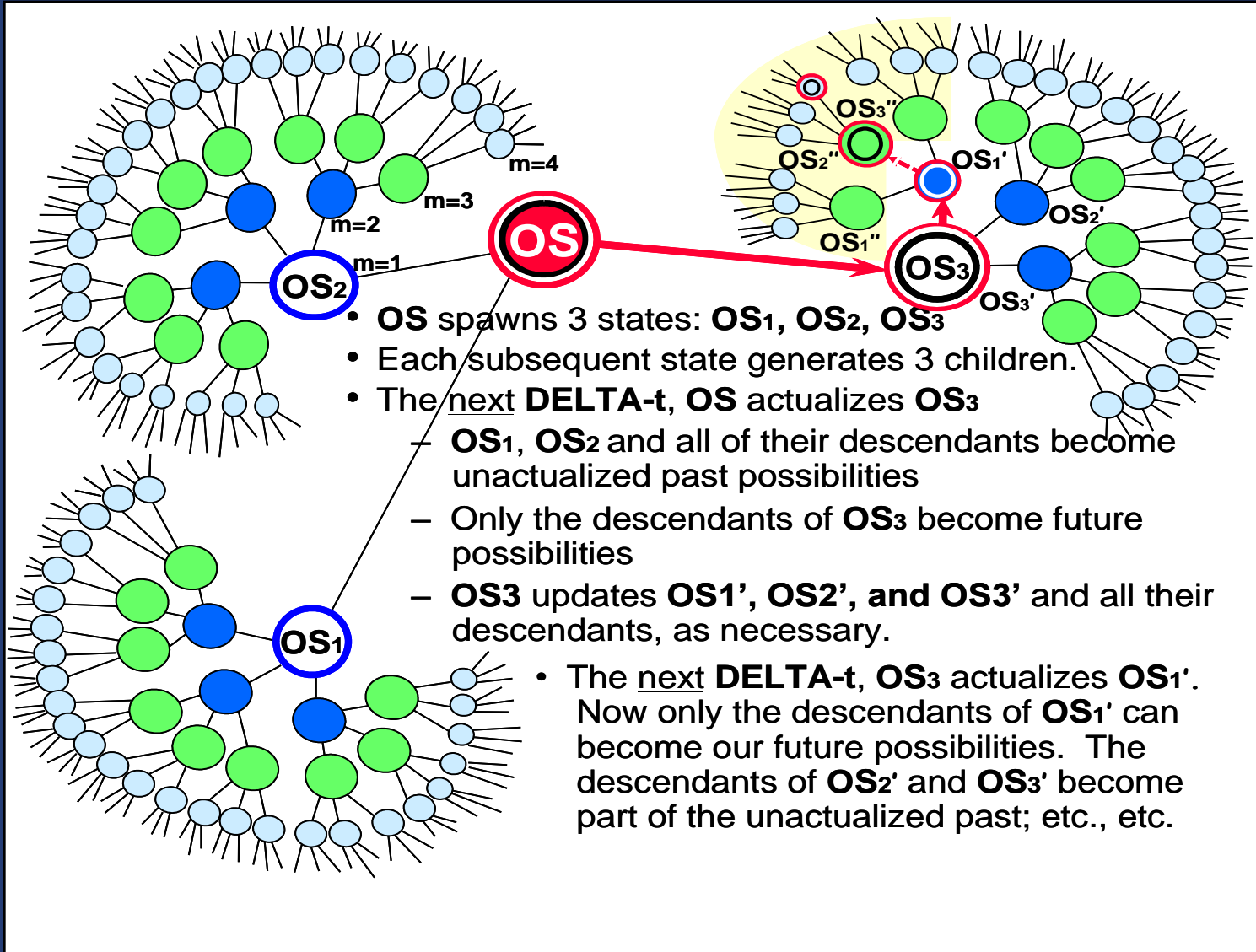
- Multiple data streams, multiple VRs
  - More constrained
  - Less constrained
  - There is no fundamental reality frame – one may Assume everything is physical, or equivalently, everything is nonphysical – a matter of perspective
- Switching data streams -- Hacking the system
- Altered states of consciousness
  - OOBE – paranormal experiences
  - Interaction between VRs – healing, remote viewing, etc
  - UFOs
  - Our System (OS)



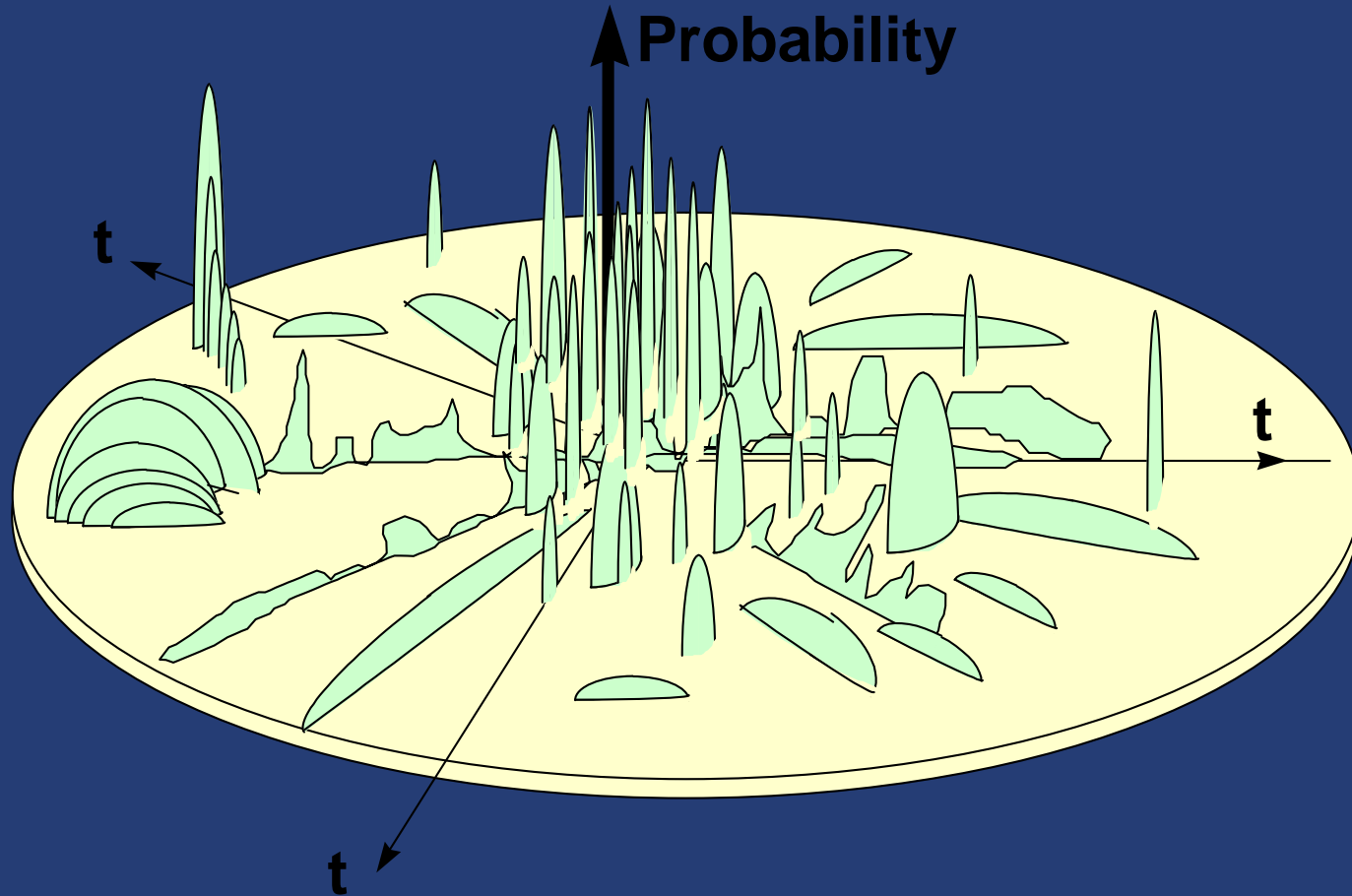
# Past, Present and Future

- ▣ Multi-player Virtual reality system
  - Present choices drive change
  - The server records everything - historical database (DB)
- ▣ Consciousness system – one  $\Delta t$  at a time
  - Probable future DB -- all possible choices and their expectation value. We may trace the most likely choices
  - Past DB – the result of those choices – our history thread
  - Un-actualized past DB -- all the choices that were not made)
    - ▣ Everything that can happen but doesn't – (many worlds (parallel universes\_

# Present, Past and Future As Time Increments



# Future Probability Surface



# Logical Implications

## Reality Frames Past and Future

- ▣ What about time and space? Can we visit the past or the future and interact with it?
  - Yes to both, but not as you suspect.
  - The probable future turns into the present as free will choices are made then exits as the actualized past (our local history thread).
    - ▣ Probable future -- **prob. model / Everything that could happen**
    - ▣ **The present moment (free will choice) is where all the action is.**
    - ▣ Actualized Past -- **prob. model / Everything that did happen**
    - ▣ Non-actualized past -- **prob. model / Everything that could have happened but didn't**
  - Future exists in probability and remains that way (un-rendered) until some player requires the data i.e., makes a measurement -- Basis of Quantum Mechanics

# The Rendering of Virtual Realities

- ▣ Conservation of computer resources.
  - Multi-player virtual reality system
    - ▣ Setting is rendered as required
      - Trees pop up in the background as characters move into an area.
  - Consciousness System
    - ▣ Knows (in terms of probability) what is possible, likely, and important
    - ▣ Future exists in probability and remains that way (un-rendered) until required by game play – some player requires the data i.e., makes a measurement
      - Time update increment is very small so generally not noticed

# Telescopes and Quantum Mechanics

Nothing needs to be rendered within PMR unless some **sentient entity** requires it and then only as much as required.

- ▣ Explorer sees Trees on distant hill no person has seen before -- but those trees (as the explorer sees them) exist in probability according to the rule-set – now an explicit “most likely” representation must be rendered and delivered to the consciousness of that explorer to define the set (physical universe)
- ▣ Perhaps local color blind squirrels are very familiar with it
- ▣ Telescope sees blue color on a leaf
  - Investigate – go to the leaf – use microscope, find blue fungus.
  - Explorer goes away– back to the squirrel view
  - New explorer repeats look with telescope 6 months Later – sees blue tree and then goes away – squirrels go away– trees no longer rendered
  - New explorer repeats look with telescope 6 years Later – sees dead tree lying on forest floor

# Telescopes and Quantum Mechanics<sub>2</sub>

- ▣ Planet Z has all beings living on one continent – while all the oxygen is produced by trees on different unknown continent devoid of beings.
  - The trees are not rendered – but they are very likely (exist in probability) according to the rule-set
  - The beings appear to have plenty of oxygen from the un-rendered trees because it is likely that they would
    - ▣ The trees exist in probability as does the oxygen -- until the beings discover the element oxygen. Every oxygen molecule does not have to be rendered all the time – the beings just breathe and live – as we do -- because it is probable (according to the rule-set (physics) of planet Z) that they can do so. Oxygen only needs to be rendered when its presence is measured – the trees do not
- ▣ Computational requirements are greatly reduced
  - Common --modeling the wind bending trees does not require modeling all the individual molecules of oxygen and nitrogen

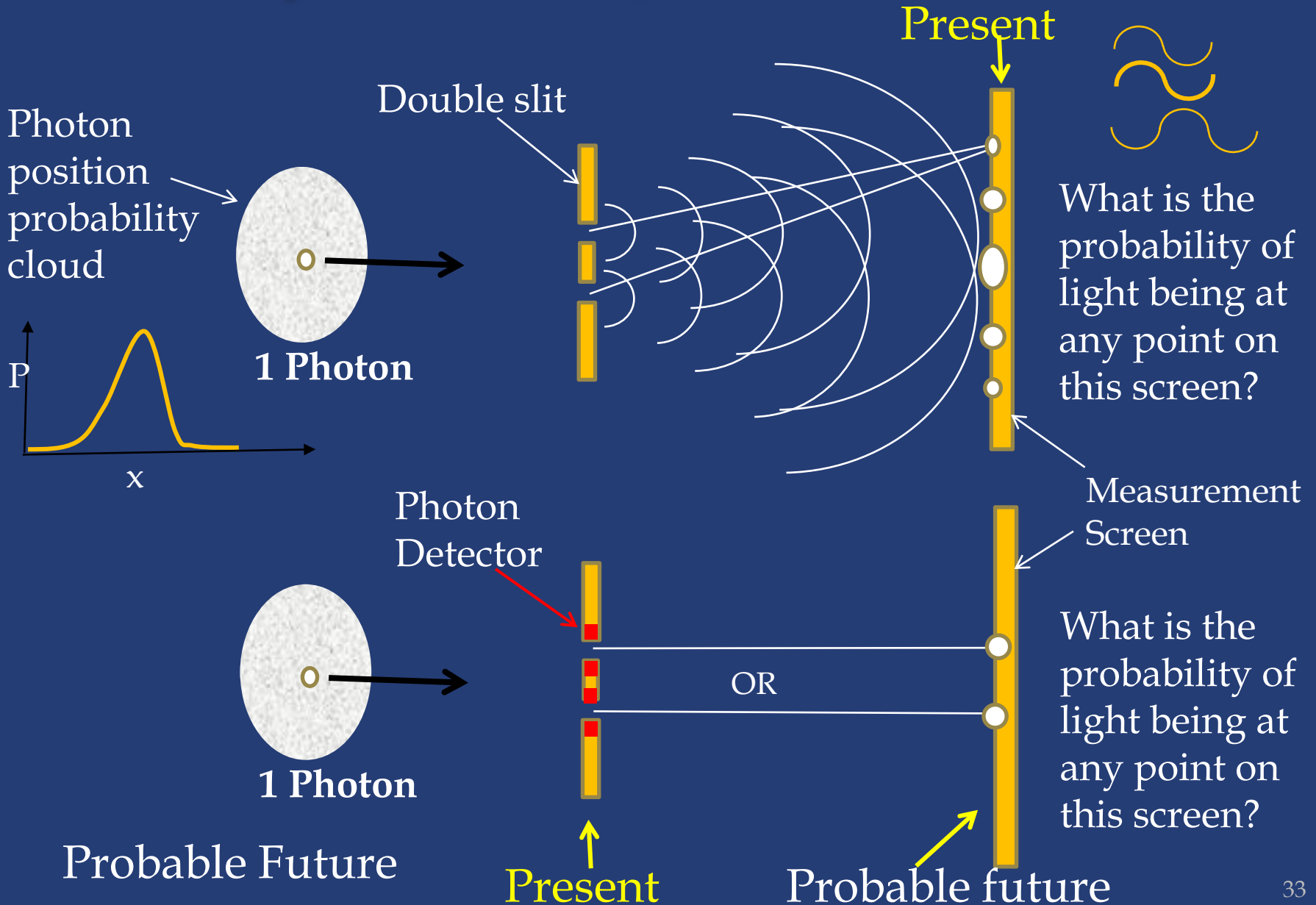
# Telescopes and Quantum Mechanics<sub>3</sub>

Details are not rendered (remain in the probable future database) until a measurement makes it necessary to do so

- ▣ In the macro world we don't notice
  - $\Delta t$  is very small and the action is aggregated and very slow.
- ▣ In the micro world we do notice
  - The photon is a singular “particle of light” and always moves at the speed of light
  - Photons and electrons, like everything, exist only in probability unless a measurement of their individual physical existence is made to bring them into PMR.
  - Photon event probabilities must be able to interact – the interaction mechanism in PMR is modeled by the concept of waves
  - When a measurement takes place, physicists say: “The probability wave function collapses to a specific physical state”



# Telescopes and Quantum Mechanics<sub>4</sub>



# Summary and Results

## Summary:

- ▣ Modeling consciousness as a self-modifying digital information system that evolves toward states of lower entropy
- ▣ Physical reality is a virtual reality – a subset of the larger consciousness system designed to help budding individuated units of consciousness (called an entity) evolve (lower their entropy) through experience/interaction

## Result:

- ▣ Physics and metaphysics become parts of one logical theory and are thus unified. Eastern philosophy and theology have been Integrated with science.
- ▣ Love and spirituality are both defined in terms of entropy – a measurable quantity -- i.e., quantities suitable to the ways of physics
- ▣ Normal and paranormal are Unified as ordinary artifacts of interaction within and between reality frame perspectives of the larger reality system.
- ▣ The fundamental purpose of existence in general and our existence in particular has been derived – to evolve toward lower entropy states
- ▣ Time and Quantum Mechanics have been derived from fundamental principles

# Summary and Results

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- ▣ Modeling consciousness as a self-modifying digital information system that evolves toward states of lower entropy
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## Result:

- ▣ That physics and metaphysics become parts of one logical theory and are thus unified. Eastern and Western philosophy and theology have been Integrated with science.
- ▣ That Love and spirituality are both defined in terms of entropy – a measurable quantity -- i.e., more suitable to ways of physics
- ▣ That normal and paranormal are Unified as ordinary artifacts of interaction within (normal) and between (paranormal) reality frame perspectives of the larger reality system.
- ▣ That we have derived the fundamental purpose of existence in general and our existence in particular – to evolve toward lower entropy states
- ▣ that time and Quantum Mechanics have been derived from fundamental principles

# Additional Results

- ▣ Lowering entropy increases the energy/power/information available to the evolving entity.
- ▣ Lowering entropy, spiritual growth, increasing the quality of consciousness, evolving one's consciousness, and growing up are all different expressions for the same thing.
- ▣ Love is defined as the fundamental expression of low entropy consciousness.
- ▣ The larger consciousness system is an aware evolving system. It is real and therefore finite.
- ▣ We are an individuated unit of consciousness, a chip off the Old Block (larger system)-- one with All That Is
- ▣ All reality frames and everything contained in them are a part of the same consciousness system – all are connected
- ▣ What is the difference between physical and nonphysical reality frames? -- only the observer's perspective

# Consciousness And Brains<sub>1</sub>

- ▣ Consciousness is fundamental (superset)
- ▣ The physical reality is virtual (subset)
  - Consciousness is fundamental, the physical is derived by sending data to an individuated consciousness thus creating the perception of a physical universe
- ▣ The brain cannot create consciousness
  - The brain holds a physical representation of information gathered in physical reality and the intrinsic quality of the individual consciousness
  - The mind (consciousness) leads, the body follows.
    - ▣ Examples: Placebo effect, sheep morality
  - Thoughts and experiences modify brains

# Consciousness And Brains<sub>2</sub>

- ▣ Consciousness drives one's physical brain state
- ▣ Physical brain state represents the present you -- it is the primary source of your thoughts and actions
- ▣ The intent behind thoughts and actions modifies your consciousness
- ▣ Affects are cumulative
- ▣ Define brain damage – an experience of consciousness that increases entropy and modifies the brain in such a way that the change must be overcome before entropy can be decreased.
- ▣ Horrific or sublime experiences (actual or virtual), unkind or kind acts, unkind or kind thoughts
- ▣ The concept of bootstrapping – choice reinforcing like choice



# Value Of A Theory

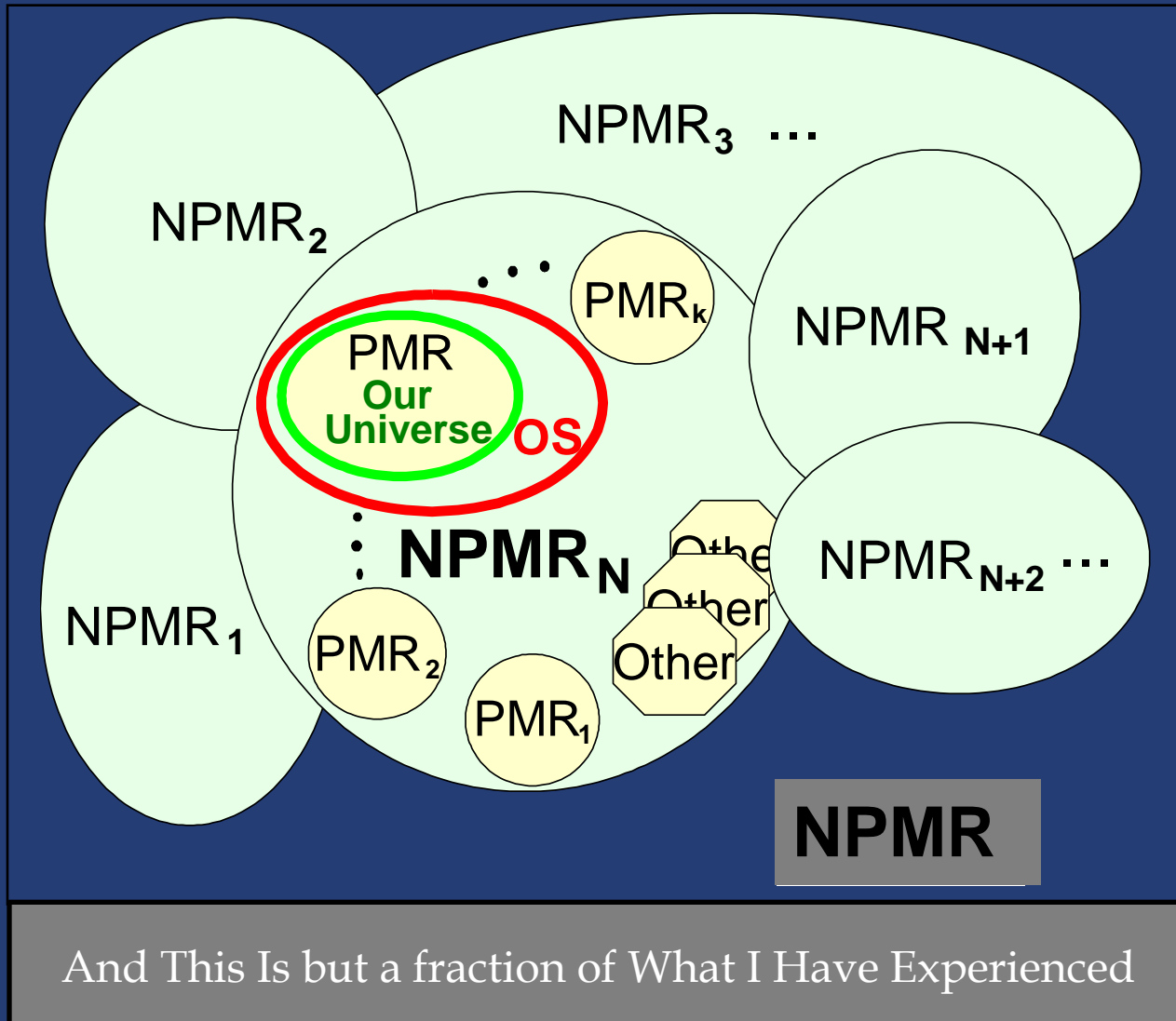
- ☒ ~~It supports current scientific beliefs~~ --- NOT
- ☐ It explains what is known
  - Fewer assumptions is better
- ☐ It explains what is unknown
  - Makes sense of what is now paradoxical or mysterious
    - ☐ Placebo/ healing/ Wave particle duality/ precognitive dreams/ UFO experiences / OOBEE / Entangled pairs / remote viewing / contact with NP entities / intuition / human purpose / spirituality / etc.
  - Predicts new information
    - ☐ Conscious computers, brain function analogs
- ☐ Experience verifies the new information

# The Larger reality System

- ▣ The larger reality is teeming with Life
  - Evolution fills every niche – what can exist generally does exist
  - Many different reality frames or dimensions containing sentient (conscious) entities exist and are interacting according to their own rule sets.  
(I know because I have been there and seen how it works. It is logical and the results fit the data.)
  - All entities in our larger reality system have the purpose of lowering their entropy by growing up, by becoming more spiritual, by becoming love – i.e., by eliminating fear and ego.



# Reality Systems: The Big Picture



And This Is but a fraction of What I Have Experienced

# Logical Implications

# Logical Implications

## Interdisciplinary Connections

- ▣ What are the connections between physics, metaphysics, philosophy, and religion?
  - They are all partial views of the same reality from different perspectives and from different beliefs – different assumptions.
  - With a big picture perspective they all are easily understandable as individual shadows of one whole thing. One can see where and how each got stuck because of their limiting beliefs

# Logical Implications Paranormal Phenomena

- ▣ what is the cause of psi (paranormal) phenomena
  - what is going on here and why is it so difficult to study? why is it so difficult to prove?
  - Psi phenomena are glimpses of the larger reality at work but don't make sense from the limited understanding and perspectives required by our beliefs.
  - They are difficult to study because we force little picture constraints on big picture phenomena.
  - We demand a physical explanation of nonphysical phenomena.
  - The “psi uncertainty principle” limits “knowing” so as not to destroy the usefulness of our learning lab.

# Logical Implications Spirituality and Psi Phenomena

- ▣ Psi Phenomena such as remote viewing, healing, OOB, Exploring NPMR, communicating with nonphysical beings, and telepathy are all natural attributes of (are accessible to) a low entropy consciousness
- ▣ One develops a low entropy consciousness by eliminating belief, fear and ego and by expanding one's awareness into the Bigger Picture of existence. That is, by developing one's self spiritually.

# Logical Implications

## The PSI Uncertainty Principle

- ❑ psi uncertainty principle is part of the PMR rule-set. It represents the entanglement (interaction) of uncertainty with the measurement of psi effects
- ❑ you can force your virtual physical reality to exceed the limits and function of its defining rule-set, but only if some proscribed level of uncertainty (that the rule-set was actually circumvented) remains in the system.
- ❑ psi effects must be largely constrained in PMR or the effectiveness of the learning lab would quickly degenerate. The psi uncertainty principle is the mechanism for maintaining the usefulness and functional integrity of our virtual reality.
- ❑ For example: Rarely is a-causal or paranormal information obtained from NPMR and then directly applied to develop or invent physical devices (giant leap) because the psi uncertainty principle would generally forbid that sort of overt information transfer. Otherwise evolutionary integrity would suffer.

# Logical Implications UFOs

- ▣ Is there a possible connection here with UFO experiences?
  - Perhaps. Some UFO experiences may well be more of an experience of consciousness perceiving beings from other reality frames than an experience that others could verify as physical.
    - ▣ Simultaneously parallel processing multiple reality frames.
    - ▣ Such an experience cannot be easily differentiated from a physical experience. Perhaps something like dreaming you are awake or dreaming while awake.

**Can Everybody Learn to  
Explore NPMR?**

**How?**



# Question

## Can Everybody Do It?

- ▣ Can anybody learn to experience and become operational in nonphysical reality?
  - **Yes, theoretically**, anybody. But that is like saying anyone can learn to play the piano well, be a good soccer player, design a computer chip, or teach autistic children.
    - ▣ Anybody can, but not many do
- ▣ Should becoming operational in a nonphysical reality be a main goal?
  - No – let it be a natural result, not a fundamental goal

# Question: How?

- ▣ How does one go about learning to experience and become operational in nonphysical reality? Are there any exercises you recommend to help develop this awareness?
  - Start with meditation – Ch 23 in Book 1
  - Explore. Experiment. Practice. Have patience and stick-to-itiveness. **Collect evidential data** to confirm what you are doing has real results. Explore...
  - No magic pill or magic process – You earn your way by growing up, by pulling yourself up by your bootstraps.
  - **No shortcuts** other than steady effort and diligence
  - **Drugs are generally counter productive**

# Approach to Meditation

- ▣ **Attitude:** While in a meditative (quiet and relaxed) state.
- ▣ **Fear nothing** and **hope for nothing**
- ▣ Send your intellect away – just experience the exercise dispassionately – **no thinking** and **no analysis** allowed.
- ▣ **Expect nothing** – have no pre conceived notions about what will or will not happen. **Eliminate beliefs.**
- ▣ **Don't compare** experimental events – let each one be unique
- ▣ **Don't judge** quality or value of experimental events – just let them be as they are – record everything as an impartial disinterested data taker
- ▣ Accept whatever happens as the objective results of an experiment
- ▣ Make every effort to **collect evidential corroboration** whenever possible. **Set up your experimental situations so that evidence will be generally available.**

# Experiencing the Larger Reality

# Typical NPMR Experiences

- ▣ OOBЕ and OOME
  - (mind not body is the launching point)
- ▣ Lucid dreams, night dreams, day dreams
- ▣ Precognitive dreams
- ▣ Remote viewing
- ▣ Healing self and others
- ▣ Visiting other PMR & NPMR reality frames
- ▣ Communicating with non-physical beings
- ▣ Accessing the probable future data base
- ▣ Accessing the actualized and un-actualized data bases
- ▣ **A low entropy consciousness can easily access all the above with a little effort, but none of it is necessary to evolve the quality of your consciousness**
- ▣ Psychotropic drugs -- no long term growth or value


# Fear, Belief, and Inexperience Are The Primary Constraints

- ▣ Reality frames are available for your exploration, However, what you find there is strongly limited by YOU
  - NPMR is not just a disembodied view of PMR – A funny version of PMR with different stuff in it – People who do not understand the nature of consciousness tend to extrapolate PMR into NPMR
  - NPMR is experienced through your consciousness, not through your senses.
    - ▣ What you experience (data received) does have an objective source within the reality frame you are in. but how you experience it is subjective – that is the same in both NPMR and PMR
    - ▣ Communications are telepathic – 1 conceptual lump, not linear
    - ▣ Content is subjectively interpreted in terms of metaphor and symbol
- ▣ Because you are launching your exploration from PMR
  - You must interpret the experiences of consciousness through the constraints of your personal experience within PMR – personality, attitudes, and beliefs.
    - ▣ Pattern matching forces imperfect interpretations
  - You must communicate the experiences of consciousness (even to yourself) through the constraints of your language

# Experience in NPMR – Your Influence

- ▣ Experiences within various reality frames are defined and limited by fears and beliefs – You create your own reality through personal interpretation
- ▣ Your consciousness defines your reality
  - Inside data (you create it – your interpretation) or outside (objective) data all looks the same and all is interpreted and processed subjectively
- ▣ You experience the junk in your mind as reality
  - Not returning – the wall metaphor
  - The thing that gets you – the hook or demon
  - Going somewhere – the door or tunnel; motion, traveling, flying
  - The white light – the source, great orifice, and god metaphor
  - Silver cord metaphor
  - Specific beings – angels, saints, relatives, hooded robes, historical figures, wise mentors – all metaphor's and symbols
- ▣ **Solution: Get rid of the junk – ego, fear, beliefs**
  - Explore, research, experiment – always open & skeptical believe nothing, have no expectations, be a detached scientist

# Developing NPMR Experience

- ▣ A blind man abducted from rural Appalachia and dropped in the middle of New York Times Square in a sack. There are no social services nor will anyone help. He is on his own.
  - Take a step in any direction and gain mastery over what is there.
  - Take another step and gain mastery over what is there.
  - Go back to the first step and integrate the two. 
- ▣ Explore – experiment – open minded skepticism
  - Subjective interpretation of an objective reality
  - You must collect evidence and test it to separate fact from fiction – to isolate the objective from the subjective
- ▣ Many years later a confident master of New York City – his Appalachian existence seems so quaint and limited by comparison



# NPMR Experience – Other's Influence

## ▣ Guides

- Does everybody have guides? – No Can everybody get them? -- Yes
- Are there to help you evolve your consciousness . They are focused on your growth in the big picture, not meeting your needs or serving your wants.
- Have independent personalities – sense of humor
- Are limited in what they can do -- nudge, encourage, and provide opportunity for growth. You must learn through your own experience.
- Are imperfect – it's a job
- Will take any form or means necessary
- Arrange specific NPMR/PMR experiences – synchronicity
- Will help you follow the plan if there is one

## ▣ Other beings with a message or issues

- ▣ Negative entities – lower entropy through self-control, ego focused on control, power and force
- ▣ Parasites and other low life – attracted through fear/ego. Intentional harm. Fear. Same solution

# Lack of Knowledge and Inexperience

- ▣ Inexperience in PMR
  - Limited conceptual base for accurate interpretation
- ▣ Inexperience and lack of understanding in NPMR
  - Cannot separate subjective interpretation from objective fact
  - Misunderstand the nature of what you are experiencing
    - ▣ Intent drives all -- clarity and precision are required
    - ▣ Tools are arbitrary
    - ▣ Confuse: PMR present / Probable future database / actualized history data base / un-actualized history data base
    - ▣ Wouldn't know you can extract data in any format you want
    - ▣ Wouldn't understand that access is dependent on probable change in entropy for whole system and psi uncertainty principle.

# Experience in NPMR – Implications

- ▣ Just being blasted or coached into NPMR produces little of lasting value.
- ▣ Being ready means dropping ego and fear and raising the quality of your consciousness
- ▣ If not ready, one should be working on getting ready, not on getting into NPMR and being frustrated
- ▣ You must learn through experience not through being told
  - Your learning (lowering your entropy) must be at the being level not the intellectual level – you must grow up
  - Learning at the intellectual level is almost irrelevant – therefore not supported by guides or NPMR experiences except as an aid to real growth. Interaction and growth process are experiential
  - You are only told, or shown, or led to experience that are likely to help you (and the larger system if others are affected) grow your being – improve the quality of your consciousness

# Experience in NPMR – Implications

- ▣ One can get to NPMR before one is ready to grow from the experience
  - One can go to a great library and read comic books
  - One can make a living by threatening people and stealing their money
  - Many things can be done that may seem advantageous in the little picture but are self-limiting if not counter-productive – generate beliefs and bad attitudes
  - NPMR is the colorful flower that attracts the honeybee (a symbiotic enabler) as well the Japanese beetle (a destroyer)

# Accessing The Larger Reality

# Gaining Access

- ▣ Accessing NPMR is a matter of focusing your awareness to a different incoming VR data stream.
  - For the most part, access is a self-policing system
  - Gaining access requires an act of intent and needs neither physical , emotional, nor intellectual process – in fact those processes are inhibitors
  - Gaining access, like meditation, is a matter of not doing rather than doing. You do not need to learn a new technique – you need to unlearn ego, beliefs, fear, and expectations – you need to BE differently
  - When you reach that meditation state of bodiless point-consciousness, you have escaped PMR. What you do after that is a function of your ability to hold that state steady for a long time and your intent. You are the blind man crawling out of the sack in Time Square – explore, experiment, be open and skeptical – slowly and carefully map out the territory – always collect evidence – you must collect evidence

# Forget Everything You Have Read About NPMR

- ▣ Tools are personal and not fundamental
- ▣ Interpretations, metaphors and symbols are personal and not fundamental
  - Most explorers do not realize this and thus report their experience as if it were not largely dependent on what they bring to the table.
    - ▣ The result is: The subjective and objective are mixed in a hodgepodge with threads of truth running through it
- ▣ Venture forth and see what happens – experiment and gather evidence.
  - Be detached and skeptical -- observe, study, and experiment
  - Have your own experience, do not try to duplicate someone else's experience
  - Stop judging and second guessing until you have worked an experimental vein for 3 or 4 months – let the evidential data tell the story
  - Take the long view – in 20 years you should be good at it
  - Remember the point is personal growth, not having cool experiences.

# Making Contact

- ▣ Intend simple straightforward questions
- ▣ Expect telepathic responses in chunks of content
- ▣ Ask and listen. Be a disinterested observer.
- ▣ Do not judge or second guess the independence of the source. Just take notes
- ▣ Eventually it will become clear when the information is not coming from you – that may take months
- ▣ Be patient and persistent – and polite
- ▣ Be fearless. Ask who what and why – question and interrogate



# Remote Viewing

- ▣ An exploration in pictures of the probable future and the actualized and un-actualized past data bases.
- ▣ The rest is really fundamentally the same as making contact or healing – even if the tools and process appear quite different
  - Someone must specify intent clearly
  - As in all NPMR activities, ego, fear, expectations, and an analyzing intellect must be removed from the process. Detachment is required.
  - The experience must unravel on its own

# Healing

- ▣ Distance, name, picture, etc are all irrelevant
- ▣ Time is a variable
- ▣ Generate diagnosing tools
- ▣ Generate healing tools
- ▣ Do not force your will on others, do not interfere
- ▣ Work until successful – For maximum effect maintain background intent and awareness – repeat several times a day for several weeks
- ▣ Collect evidential data
- ▣ Use parallel processing to make process more effective.

# Parallel Processing

- ▣ Unnecessary to learn but makes much more efficient use of your time and puts NPMR at your fingertips even under suboptimal conditions
- ▣ Learn to meditate in difficult situations
- ▣ Learn to shift focus between realities and in and out of meditation states in seconds
- ▣ Learn to operate in two realities at once
  - Each reality remains separate while you timeshare your attention between them
  - Difficult at first, easy later

# Fear And Negative Beings

- ▣ Sometimes these are one in the same
- ▣ Fear allows a negative being to make a connection with your energy
- ▣ Fearful situations are often used by your guides as a test of your readiness to explore
- ▣ Fear is a “Kick Me” sign. Become fearless first and then explore.
- ▣ It is very unlikely that anything will hurt you
- ▣ Fear will ruin your ability to interpret your experience accurately
- ▣ Fear will inhibit your ability to learn and grow from your experience
- ▣ Gaining access is a self balancing situation – you generally can not get to where you do not belong.

# Staying Balanced

- ▣ Remember why you are here
- ▣ Keep your PMR and NPMR awareness (whether operational or not) balanced
- ▣ Concentrating on one much more than the other is out of balance
- ▣ PMR is the primary growing place
- ▣ Having operational awareness in NPMR may help you understand the larger reality but it is not fundamental to your purpose
- ▣ Access is granted to those who are good citizens of the larger reality – those in the process of lowering system entropy

# So, What's Do I Need To Know About The Future?

- ▣ Nothing!
- ▣ In general if you do not have access, you cannot profitably use access.
- ▣ Future information tends to exacerbate ego and fear.
- ▣ Fear has the property that it manifests itself
- ▣ Increasing the anxiety/fear level is counterproductive
- ▣ Listen to your intuition and you will be wherever you need to be whenever you need to be there
- ▣ Don't worry about it – let the future take care of itself
- ▣ This is just a iterative virtual reality – death is not a serious result in the big picture – that's your fear talking.

# Most Common Barriers

- ▣ Fear
- ▣ Belief (inability to accept uncertainty)
  - Expectation
  - An inability to comprehend the big Picture driven by habitual conditioning (brain washing) to PMR concepts
    - ▣ Impose physical VR objectivity on NPMR --The superset must be just like the subset – or worse, a subset of the subset
      - 3D concepts of place, motion, and physical process
      - That you in particular are separate from everything else
      - That the physical is the source – is fundamental/primary
      - That subsystem can contain the causality of the system
      - That you must change everything by doing
      - The immediate feedback of PMR produces inpatients and a short attention span when dealing with NPMR
      - I know almost everything and have few fears and no beliefs

# What Now?

## Break Through or Delusion?

- ▣ Does this guy know what he is talking about?
- ▣ Or Does he just think he knows?
- ▣ Are his experiences real?
- ▣ Or does he just think they are real?
- ▣ Unless you have extensive experience with the larger consciousness system, you must have this question
- ▣ There is strong consistency among those of us who do have that experience – 4000 years ago to now – 600 BC Lao Tsu wrote the Tao Te Ching.
- ▣ These concepts of reality are not new – that they are logically derived from first principles in the language of science is new
- ▣ What to do about it
  - Get involved – go find out
  - This is really about YOUR big TOE
  - FIND OUT!